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Sen. Dave Schmidt • PO Box 40444 • Olympia, WA 98504-0444

## EMERGENCY PREPAREDNESS

Are you prepared?



# Are You Prepared for an Emergency?



## Emergency Preparedness

Dear Friends,

In the wake of the devastation that Hurricane Katrina inflicted on the Gulf Coast, Washington officials have begun a comprehensive review of our emergency preparedness plans. We don't want to experience the same problems that plagued the response to Katrina.

As your legislator, I have participated in discussions and exercises to gauge how prepared we are to deal with a major earthquake, tsunami, volcanic eruption, flood, forest fire, public health crisis or other disaster in Washington. This work will continue during the upcoming session and will be one of my highest priorities.

I also want to encourage you to take stock of your household's readiness to deal with these potential disasters. The Web sites, phone numbers and general information in this pamphlet are good sources on disaster preparedness. Feel free to keep this brochure on your refrigerator or near your telephone.

If you have any questions about this information, our ongoing review of emergency preparedness or would like a summary of our legislative hearings, please don't hesitate to contact me.

In your service,

  
Sen. Dave Schmidt



Former President George H.W. Bush (left) examines hurricane wreckage in Cameron, La., with Lee Champaign (center), a Federal Emergency Management Agency regional coordinator from Edmonds, and Washington state Sen. Dave Schmidt of Mill Creek.



As a 22-year member of the Army National Guard I was recently deployed to the Gulf Region to serve as the Civil Military Operations Liaison between the National Guard and the local elected officials. I was able to see firsthand the devastation of Hurricane Katrina and the recovery efforts of guardsmen and volunteers across the nation.

As co-chair of the Joint Committee on Military and Veterans' Affairs, I'll be in a position to take the experiences from this deployment and apply them in a hands-on fashion. The lessons learned will be an invaluable tool in helping shape our state's plans for future emergency preparedness and response.

Emergency Contacts  
Quick Reference Guide

In case of life-threatening emergency . . . . . dial 911

Snohomish County Sheriff . . . . . (425) 388-3393

Snohomish County Dept. of  
Emergency Management . . . . . (425) 423-7635  
Roger Sera, Director

Snohomish County Health District  
Everett Office . . . . . (425) 339-5210  
Lynnwood Office . . . . . (425) 775-3522

Snohomish County Hospitals  
Cascade Valley Hospital  
(Arlington) . . . . . (360) 435-2133

Providence Everett Medical Center  
(Colby Campus) . . . . . (425) 261-2000

Providence Everett Medical Center  
(Mill Creek Campus) . . . . . (425) 316-5060

Providence Everett Medical Center  
(Pacific Campus) . . . . . (425) 258-7123

Stevens Healthcare (Edmonds) . . . . (425) 640-4000

Valley General Hospital (Monroe) . . . (360) 794-7497

Washington Emergency Information  
and Resources . . . . . access.wa.gov/emergency

U.S. Department of  
Homeland Security . . . . . www.ready.gov

Federal Emergency Management  
Agency . . . . . www.fema.gov

National Weather Service . . . . . www.nws.noaa.gov

Federal Centers for Disease Control  
and Prevention . . . . . www.cdc.gov

Washington Department  
of Health . . . . . www.doh.wa.gov/phepr

Public Health Emergency  
Information Line . . . . . 1-800-556-8744

Your Family  
Disaster Plan

Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. What would you do if basic services – water, gas, electricity or telephones – were cut off? Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away.

Families can cope with disaster by preparing in advance and working together as a team. Follow the steps listed below to create your family’s disaster plan. Knowing what to do is your best protection and your responsibility.

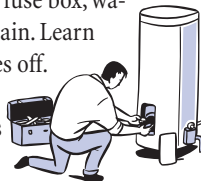
**1. Emergency Supplies.** Keep enough supplies in your home to meet your needs for at least three days. Assemble a Disaster Supplies Kit with items you may need in an evacuation. Store these supplies in sturdy, easy-to-carry containers such as backpacks, duffle bags or covered trash containers. Include:

- a. A three-day supply of water (one gallon per person per day) and food that won’t spoil.
- b. One change of clothing and footwear per person, and one blanket or sleeping bag per person.
- c. A first aid kit that includes your family’s prescription medications.
- d. Emergency tools including a battery-powered radio, flashlight and plenty of extra batteries.
- e. An extra set of car keys and a credit card, cash or travelers checks.
- f. Sanitation supplies.
- g. Special items for infant, elderly or disabled family members.
- h. An extra pair of glasses.

Also, keep important documents in a waterproof container and keep a smaller kit in the trunk of your car.



**2. Utilities.** Locate the main electric fuse box, water service main and natural gas main. Learn how and when to turn these utilities off. Teach all responsible family members. Keep necessary tools near gas and water shut-off valves.



Remember, turn off the utilities only if you suspect the lines are damaged or if you are instructed to do so. If you turn the gas off, you will need a professional to turn it back on.

**3. Teach the Plan.** Meet with your family and discuss why you need to be prepared for disaster. Explain the dangers of fire, severe weather and earthquakes to children. Discuss the types of disasters that are most likely to happen and explain what to do in each case.



Also, pick two places to meet – one, right outside your home in case of a sudden emergency, like a fire, and two, outside your neighborhood in case you can’t return home.

Ask an out-of-state friend to be your “family contact.” After a disaster, it’s often easier to call long distance. Other family members should call this person and tell them where they are.

Discuss what to do in an evacuation and plan how to take care of pets, elderly or special needs persons living with you.

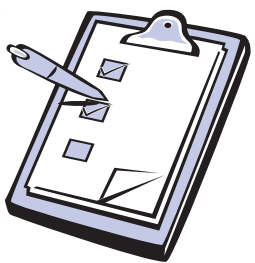
**4. Home Hazard Hunt.** During a disaster, ordinary objects in your home can cause injury or damage. Anything that can move, fall, break or cause a fire is a home hazard. For example, a hot water heater or a bookshelf can fall. Inspect your home at least once a year and fix potential hazards.



**5. Prepare, Prepare, Prepare.** An ounce of prevention goes a long way in terms of preparing for emergencies:

- a. Post emergency telephone numbers by phones (fire, police ambulance, etc.).

- b. Teach children how and when to call 911 or your local Emergency Medical Services number for emergency help.
- c. Show each family member how and when to turn off the water, gas and electricity at the main switches.
- d. Check if you have adequate insurance coverage.
- e. Teach each family member how to use the fire extinguisher (ABC type), and show them where it’s kept.
- f. Install smoke detectors on each level of your home, especially near bedrooms.
- g. Conduct a home hazard hunt.
- h. Stock emergency supplies and assemble a Disaster Supplies Kit.
- i. Take a Red Cross first aid and CPR class.
- j. Determine the best escape routes from your home. Find two ways out of each room.
- k. Find the safe spots in your home for each type of disaster.
- l. Quiz your kids every six months so they remember what to do.
- m. Conduct fire and emergency drills.
- n. Test and recharge your fire extinguisher(s) according to manufacturer’s instructions.
- o. Test your smoke detectors monthly and change the batteries at least once a year.



Senator Dave Schmidt

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